

Stay Fit! Be Well!

All participants are required to complete a yearly liability waiver before starting a fitness class. We advise that each participant have a complete physical examination before participating in any physical activity.

Balanced Bodies Exercise

Focuses on balance and stability.

Instructors:

Mondays - Mary Root
Wednesdays - Marie Burman
1:00pm-2:00pm

Mondays

7/11-8/29 - \$20/8 classes

Wednesdays

7/13 - 8/31 - \$20/8 classes
\$4.00/drop-in fee

Cardio Blast Exercise

Traditional aerobics to music you love!

Instructors:

Mondays & Fridays - Mary Root
Wednesdays - Marie Burman

Mondays 12:00-1:00 pm

7/11-8/29 - \$20/8 classes

Wednesdays 12:00-1:00 pm

7/13 - 8/31 - \$20/8 classes

Fridays 11:50 am-12:50 pm

7/1-8/26 - \$20/8 classes
(no class 7/8)

\$4.00/drop-in fee

Tai Chi

Gentle and beneficial for gaining flexibility & improving balance.

Instructor: Ken Zaborowski

Tuesdays & Fridays

Intermediate 10:15am-11:00am

Beginner 11:05am-11:50am

7/1-8/30

\$72.00/18 classes

\$6.00/drop-in fee

Stretch & Tone

Make your daily activities easier with total body conditioning. Includes cardio movement in between stretching & muscle toning with hand-held weights, small balls, and tubing.

Instructor: Marie Burman
9:00am-9:45am

Tuesdays - \$22.50

7/5 - 8/30 - 9 classes

\$4.00/drop-in fee



Perfect Fit Exercise

Low-impact aerobics, strength training, and Pilates.

Instructor: Susan Rubenstein

9:15am-10:15am

Mondays - \$24/6 classes

6/27-8/15

(no class 7/4, 8/1)

Wednesdays - \$24/6 classes

6/29-8/17

(no Class 7/27, 8/3)

\$5.50/drop-in fee

Interval Training

Alternates between aerobic exercise with strength training using kettle bells, resistance bands, Tabata training and more!

Instructor: Mary Root
9:00am-9:45am

Thursdays - \$17.50/7 classes
7/14-8/25

\$4.00/drop-in fee

Yoga

Mixed-level, traditional style yoga.

Instructor: Susan Rubenstein
10:30am-11:30 am

Mondays - \$45.50/7 classes

6/27-8/15

\$8.00/drop-in fee

Bocce!

Wednesdays, 1:00 pm, after lunch
(weather permitting)

Join us on our beautiful court on the south lawn Free!

Bring a lawn chair if you have one!



Senior Center Fitness Room

Open Monday (8:30am - 6:30pm), Tuesday - Thursday (8:30am - 4pm) and Friday (8:30am - 12:30pm).

Fees: \$50/year or \$6/month.

A note from your physician and an orientation from our personal trainer are required before signing up.

You can now register for most programs on our website: simsbury-ct.gov/senior-center

♦ Call the Senior Center at (860) 658-3273 for information about any of these activities! ♦

New Pickleball Courts at Tariffville Park!

Just completed, these brand-new Pickleball Courts are free to use, contact the Senior Center for information.



Blood Pressure Screening

Sponsored by the Farmington Valley VNA.
No appointment necessary - in the auditorium
Every Wednesday 11:45am-2:15pm

Foot Care Clinics

Half-hour appointments are available twice a month at the senior center. Nurses will trim and file nails, sand calluses and corns, and give a foot massage.

July 5th & July 26th, August 2nd & August 23rd.
Appointments start at 8:30am

Cost: \$29 cash or check (made payable to PediCare) the day of your appointment.
Schedule appointments through the Senior Center.

Massage

Make your appointment for a 15-minute massage!

1st and 3rd Wednesdays:
7/6, 7/20, 8/3, 8/17.

Appointments start at 10:00 am



Vision Support Group

A monthly support group for individuals affected by all stages of vision loss. This group will address assistive technologies and strategies for managing daily activities and will offer an opportunity to share experiences, information and encouragement.

July 8th & August 12th
at 10:00 am

Hearing Clinic

Connecticut Hearing Center will be at the Senior Center to clean and service hearing aids and perform general screenings. All services are FREE of charge.

Wed, July 6th & Tuesdays, July 26th & August 23rd
Make your appointment through the Senior Center.
(Appointments start at 10:00am)

The Posture/Pain Connection - Does Your Back Still Hurt?

Have you tried everything and your back, hip, neck or shoulder still hurts? The Gokhale Method uses Primal Posture and movement to help you re-establish your body's structural integrity and regain a pain-free life. Join us for a free lesson, and learn techniques from the book '8 Steps to a Pain Free Back' by Esther Gokhale to reduce or eliminate back, neck and other muscle or joint pain; prevent muscle and joint degeneration and injury, increase energy, stamina and flexibility; reduce stress and improve appearance.

Massage therapist and wellness instructor, Linda Hunting Congdon, has taught many self-care techniques over the years to reduce pain.

Tuesday, August 16, 6:30-7:30 pm
at Simsbury Public Library - Program Room

Co-sponsored by the Simsbury Senior Center & the Simsbury Public Library.
Register at the Senior Center at (860) 658-3273.

Less Stressed, Less Depressed, Less in Pain: the Power of Mindfulness

Presenter Stephen Cuddy teaches a workshop on mindfulness, a mental state achieved by focusing awareness on the present moment, while calmly acknowledging and accepting feelings, thoughts and bodily sensations. Certified in several areas by the National Association of Mental Illness, Cuddy works with veterans and others at Pratt & Whitney, and with other groups in the region to promote healthy lifestyle habits.

Wednesday, July 20th, 6:30-8 pm
(Simsbury Public Library Program Room)
Free! Sign up through the Senior Center by July 15
Co-sponsored by the Simsbury Senior Center & the Simsbury Public Library

Clubs, Classes, and Games!



- ♦ Call the Senior Center at (860) 658-3273 for information about any of these activities!

Wii Bowling

Everyone is welcome, no experience needed.

Thursdays: 10:00am-12:00pm



Painting Club

Get together with other painting enthusiasts in a relaxed and welcoming environment. Please bring your own materials.

Mondays 12:00pm-3:00pm, drop-in FREE!

Scrabble

Tuesdays: 1:00pm-4:00pm, drop-in FREE!

Canasta

Tuesdays 1:00pm, drop-in FREE!

Cribbage

Tuesdays 1:00pm-3:00pm, drop-in FREE!

Setback

Fridays 10:00am-12:00pm, drop-in FREE!

Bridge

Mondays 12:00pm-3:00pm \$1.00

Duplicate Bridge

To register, or for more information, contact Don Steele:
(860) 651-9663 or donwsteele3544@gmail.com

Fridays 9:30am-12:30pm \$1.00



Hoover Dam Presentation Thursday, July 14th, 1-2:00 pm, free!

Historical presentation of the driving reasons behind the undertaking to build the Hoover Dam. Learn about the human, monetary & environmental costs. We will also look at the region today, including the positive/negative results of the Dam being built, and the continued battles between states for the resources of the Hoover Dam.

Our speaker, Kurt Glaser, is a local owner/operator of Home Helpers, Inc. of Farmington Valley, which provides support assistance to seniors who want to age in place at home. Co-sponsored by the Simsbury Senior Center and the Simsbury Public Library. Please sign up by July 8. Event held at the Simsbury Public Library

Investment Club

This group enjoys researching and buying stocks.

July 13th and August 10th 2:00pm-4:00 pm

FREE, drop in

Book Club

July 27th: The Shadow of the Wind

by Carlos Ruiz Zafon (F)



August 24th: The Desert Queen: The Extraordinary Life of Gertrude Bell, Adventurer, Advisor to Kings, Ally of Lawrence of Arabia
by Janet Wallach (NF)

Ceramics



Tuesdays: 10:00am-2:30pm

7/5-8/30 - 9 classes - \$22.50

\$4.00/drop-in fee

One-on-One Computer Help!

Did you get a new iPhone or iPad and not sure how to get the most out of it? Do you have questions about how to use your laptop?

Thursdays, by appointment, 1:30-2:30 pm
in the Senior Center

Life History Writing Workshop, Single Session!

No writing experience required—drop in and try this class! Explore your life by sharing your story!

Tuesday, July 12th 10:30am - 12:00 pm

Instructor - Jeanne LaPierre

\$8.00

Food, Learning, and Fun!

Join us for supper
at the Senior Center

5:00 pm

Dessert & Beverage included!

Cost: \$4.00



Monday, July 25: Chili (beef and turkey)

Monday, August 15th: Hot Dog Cookout
(turkey dogs will also be available)

Please register for these
meals no later than the prior
Thursday!



Pizza and BINGO!

Monday, July 11th ~ 4:30-6:30 pm

\$4.00, please sign up by July 7th

Simsbury's State Representative John K. Hampton
will hold special office hours on Wednesday, July 13th

1:30 pm - 2:30 pm

in the Blue Room at the Simsbury Senior Center.

Rep. Hampton will provide a summary of the 2016 legislative session, highlighting issues affecting seniors and those with disabilities. Light refreshments will be served.

To RSVP, or for more information, please contact Jason Knight at 860.240.8568 or at jason.knight@cga.ct.gov

SOCIAL SERVICE PROGRAMS

860 658-3283 Phone / 860 408-7046 Fax

Renter's Rebate Program We are currently accepting applications; the program application deadline is October 1, 2016. Applicants must be at least 65 years of age, or be totally disabled – with proof of disability, as of 12/31/15. Maximum income for a couple is \$42,900; and for a single individual is \$35,200. Please call for more information and to schedule an appointment.

Cheese Day Fresh fruits, vegetables, meat and dairy items are given out on the **FOURTH** Wednesday of each month for those eligible for the program. Next Cheese Day Dates: **7/27/16, 8/24/16**

SNAP (formerly Food Stamps) We have partnered with FoodShare to provide application assistance on the first Monday and third Friday of each month at Eno Hall. The volunteers will submit your application to the state for processing. Documentation is required. Call us for further information or to schedule an appointment. Next SNAP dates: **July 15th, August 1st, and August 19th.**

Mobile FoodShare Van The Mobile FoodShare van will be at the First Church of Christ parking lot, 689 Hopmeadow Street, at 1:15 PM on alternating Mondays. Eligible residents will pick up donated fruits and vegetables. A schedule, including Avon and Granby dates, can be obtained at our Office. Dates for Simsbury are: **July 18th, August 1st, August 15th, and August 29th.**

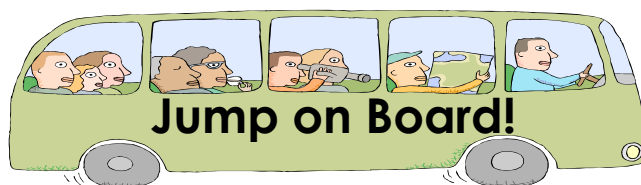
Dial-A-Ride The Dial-A-Ride service is available to Simsbury residents 60 years or older or residents with disabilities. The Dial-A-Ride pass is available at an annual cost of \$25 for an individual and \$35 for a couple. The pass allows you to use the Dial-A-Ride service, out-of-town medical transportation, and Jump On Board Senior Center trips, for one year. Passes can be obtained at the Social Services Office.

Notary Services The Secretary at the Social Services office is a Notary Public, and will notarize your documents, free of charge. Please call for availability.

Trips

- ♦ Trips depart from the Iron Horse Parking Lot, behind Bank of America drive-thru, off Wilcox St.

Registration for trips begins on June 28



- ♦ Departure and return times are approximate
- ♦ Dial-a-Ride passes are necessary to go on Jump on Board Trips!

Sunday, July 10	Bridgeport Bluefish at New Britain Bees Depart 12:00 pm, game at 1:35pm, return to Simsbury 5:45 pm. Cost: \$13.00
Monday, July 18	Lunch at Sandpiper Restaurant, East Haven, CT Depart 10:30 am, return to Simsbury 3:15 pm. Lunch on your own.
Monday, August 1	Westfarms Mall **Departure and return time to be determined
Monday, August 29	Super WalMart, East Windsor **Departure and return time to be determined

The Farmington Valley Travelers

For more information on any of these trips, contact Jackie Maselek, Trip Coordinator at (860) 805-5511 or meet with her here at the Simsbury Senior Center on April 7 @ 2:00pm. Trip flyers are available at The Senior Center.

2016 Trips

Canadian/New England Cruise July 15 -23, 20169 days & 8 nights

Newport Playhouse July 25, 2016Showing Unnecessary Force & Cabaret show followed by a great lobster feast menu

Bethlehem and Lancaster, PA August 8-10, 2016Saints & Sinners Tour; Saints: see Samson, at Sights and Sounds, Sinners: at Sands Casino Resort

Gloucester Harbor, MA September 13, 2016Beauport Princess Buffet Lunch Cruise

New Hampshire & Maine Fall Foliage October 6-7, 2016

Saturday Night Fever at Westchester Theatre November 2, 2016 Pre-Show Lunch

Great Trip for 2017!!!

River Cruising on the American Empress Paddle Wheeler July 16-24, 2017
(leaving from Spokane, Washington)



Lunch Menu

Lunch @ Eno — Wednesdays

Lunch is served at 12:00 noon. Please make your payment at the time of your reservation.

Remember to sign up for lunch the Friday before, by noon!

All meals include bread/rolls, hot & cold beverages, and dessert!

Simsbury residents age 50 and over: \$3.00 - Non residents, and Simsbury residents under age 50: \$4.00

Chicken Parmesan with Pasta, Asparagus , Peach Cobbler.....	July 6
Tuscan Herb Cod, Roasted Potatoes, Green Beans, Cookie Bar.....	July 13
Turkey Cutlet with Gravy, Cornbread Stuffing, Broccoli, Apple Cake.....	July 20
Homemade Meat Lasagna, Tossed Salad, Apricot Bar	July 27
Pot Roast with Gravy, Red Potatoes, Carrots, Gingerbread Cake.....	August 3
Tuscan Herb Cod, Roasted Potatoes, Green Beans, Cookie Bar.....	August 10
Turkey Cutlet with Gravy, Cornbread Stuffing, Broccoli, Apple Cake.....	August 17
Homemade Meat Lasagna, Tossed Salad, Apricot Bar	August 24
Pot Roast with Gravy, Red Potatoes, Carrots, Gingerbread Cake.....	August 31

More Summer Fun!

Picnic and Movie

The Simsbury Senior Center & the Simsbury Public Library will host a screening of the film “Stars and Stripes Forever”, and an old fashioned picnic of hot dogs, chips, soda and ice cream!

Stars and Stripes Forever is a 1952 film biography of composer John Philip Sousa, from his early days in the Marine Corps Band through the Spanish-American War in 1898. Starring Clifton Webb, Robert Wagner, and Debra Paget. 90 minutes.



Friday, July 8th—12:00 pm - Picnic 12:45 pm - Movie

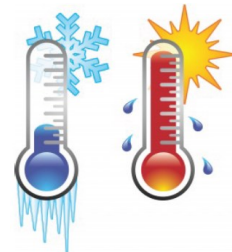
Free, but reservations are necessary through the Senior Center by July 5th.

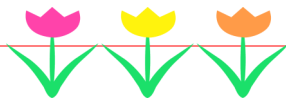
This event will take place at the Simsbury Public Library (Program Room)
725 Hopmeadow Street

Co-sponsored by The Simsbury Senior Center and The Simsbury Public Library.

A friendly reminder that you should bring a sweater with you to all programs and events at Eno Hall during the summer!

With the air conditioners in the building, some areas can get chilly!





Lunch & Tour— The Residence at Brookside

Thursday, August 18, 11:30 am

Reservations, available through the Senior Center,
are necessary by August 11th.

Police Picnic!

An event we all look forward to each year. Great food and live entertainment (Jerry Carillo Orchestra) brought to you by the Simsbury Police Department and The Simsbury Senior Center.

Wednesday, September 7th 12:00 to 2:00pm
Simsbury Farms Ice Rink - Free
(make your reservation with the Senior Center)
* for Simsbury Residents *

Growing Up in Connecticut



Every generation faced challenges and opportunities and experienced the emotional highs and lows of childhood and adolescence ... **but each generation also faced unique circumstances.** Explore the issues that have faced Connecticut children and adolescents since the 1930s that show how we all grew up.

Presented by CT Historical Society on the Road: Traveling Programs from the CHS
Thursday, July 28, 1:30-3:00 — Simsbury Public Library Program Room

Free, sign up through the Senior Center by July 22nd.

This program is co-sponsored by The Simsbury Senior Center and The Simsbury Public Library.

Lunch & Learn @ The Library

“Navigating the Digital World” Tuesday, August 2nd

11:30 am-2:00 pm

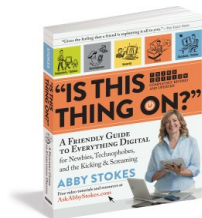
Abby Stokes helps ‘digital immigrants’ (baby boomers and beyond not born with a keyboard and mouse in hand) understand what is out there and what might benefit you. Gain the knowledge, confidence and encouragement you need to feel comfortable. Abby is a firm believer that ‘if my mother can learn the computer, anyone can.’

Part 1: “Is This Thing On?” 11:30 am-12:30 pm
- Lunch will be served 12:30 - 1:00 pm -

Part 2: “How to be Smart with Your Smartphone and Tablet” 1:00-2:00 pm

Free, sign up thru the Senior Center by July 27th

Co-sponsored by the Simsbury Senior Center
& the Simsbury Public Library



Meditation—The WOW Factor:

Younger, Thinner, Healthier and More ...

Dr. Matthew Raider will talk about what keeps you young even as your body ages. A clinical physician and a former faculty member at the University of Connecticut Medical School, he is currently Coordinating Director of the Geriatric Teaching Program in Family Medicine at Middlesex Hospital. Dr. Raider’s presentation is based on his own experience as a gerontologist and someone who has been meditating for many years.

Thursday, August 11th
6:30-8:00 pm

Simsbury Public Library
Program Room

Free, sign up thru the Senior
Center

Co-sponsored by the Simsbury Senior Center &
the Simsbury Public Library



Casino Trips ... Notable notes

Mohegan Sun Casino

Monday, July 25th & Monday, August 22nd

Bus will depart at 8:30am, and return to Simsbury approximately 5:00pm.

Cost: Advanced registration-\$23.00, Same day registration-\$30.00.

Includes round trip motor coach transportation, a \$15.00 voucher for food, and a \$20.00 bet.



Important information for Casino Trip participants:

- ♦ Bonuses are determined by the casino and as such are subject to change without notice.
- ♦ Participants must complete and carry an emergency medical card. (Cards are available from the trip leader)
- ♦ Unfortunately, we cannot offer refunds.
- ♦ Advanced registration must be made at least one (1) business day before the trip.



Veterans Medal Ceremony with State Representative John Hampton

Wednesday, August 3

10:00 am (Eno Memorial Hall Auditorium)

For more information or if you, a family member or veteran you know have 90 days of wartime service you may be eligible for a Connecticut Wartime Service Medal from the CT Department of Veterans Affairs.

Notable Notes!

Aging & Disability Commission Meetings are held the 3rd Tuesday of the month at 7:00 pm in Eno Memorial Hall, Youth Room. Everyone is welcome! **Meeting Date: 7/19.**

Handicapped Parking Applications ... are available at the Senior Center office.

CHOICES (Connecticut's program for Health Insurance, Outreach, Information and Eligibility Screening). A counselor will be available for one on one appointments. 7/12, 7/26, 8/9 and 8/23.

Copy Machine Staff in the Senior Center can make copies of medical, legal or financial documents at no charge.

Movies at the Library The Simsbury Public Library will be showing movies every Friday at 1:00 pm in the Program Room. Monthly movie schedules are available in the Senior Center Office.

Senior Center Lending Library The Senior Center has a wide assortment of books, (including large print) for our members to borrow!

Postage Stamps For your convenience, the Senior Center offers single stamps for sale.

Privacy Policy The Senior Center **does not give out Personal Information on any of its members, staff, or instructors.** We thank you for understanding.





Simsbury Senior Center
P.O. 495
Simsbury, CT 06070

PRESORTED STANDARD
US POSTAGE PAID
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Coming
in September
& October ...

- ⇒ Police Picnic on September 7th ... see details on Page 8!
- ⇒ Veteran's Appreciation Luncheon
- ⇒ Halloween Bingo
- ⇒ Line Dancing!

Help us Save on Postage.....You are encouraged to pick up your newsletter at the Senior Center. The next Newsletter will be available for [pick-up on August 23.](#)

Senior Center Cancellation Policy

TRIPS: There will be no refunds or credits on trips once a payment has been received unless a replacement can be found.

LUNCH@ENO: Requests for credit should be made by the Friday before, by 12:00 noon.

ALL OTHER PROGRAMS/CLASSES: Requests for credit should be made 7 days prior to the start date or event date.



The Simsbury Senior Center strives to be a welcoming center that acknowledges and respects the diversity of our members and guests - a diversity which includes differences in sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education and political perspective.